Volume 25, No. 6, June 1993

CAROLINA COUNTRY

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Bicycle That Makes Electricity
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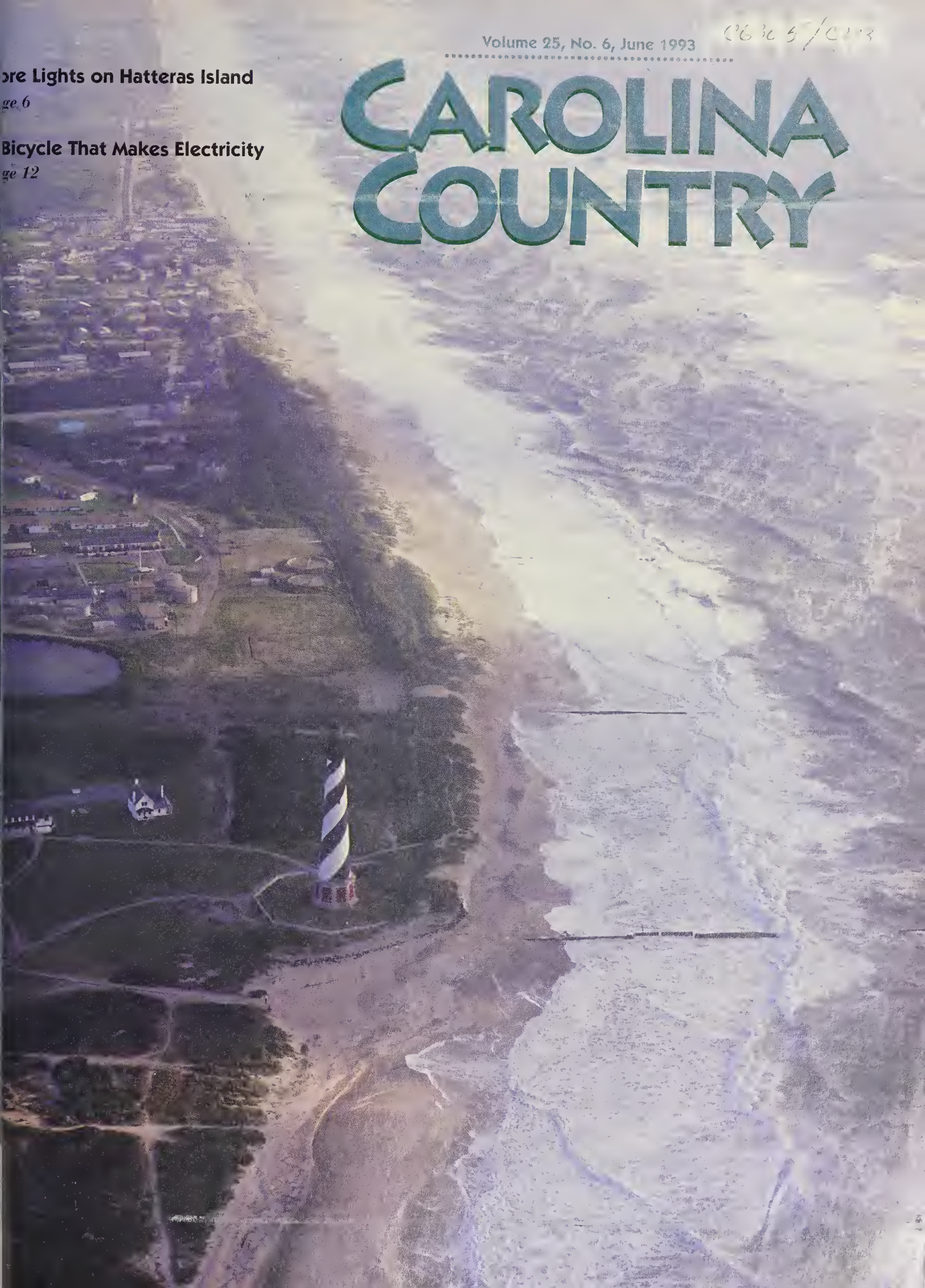

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On the Cover
The Cape Hatteras lighthouse and the mighty Atlantic Ocean, as seen from the sky over the Outer Banks. Photo by North Carolina Division of Travel and Tourism.

Our View

To hold down power costs

Let's work together in beating the peak

By R.G. Brecheisen

We are now entering one of the seasons when demand for electricity across North Carolina reaches its highest levels. As summer heat and humidity settle in, electric air conditioning must work extra hard to keep consumers' homes, farms and businesses at a comfortable temperature. The same kind of situation occurs when cold winter weather keeps heating equipment running just to keep us warm.

In the electric utility industry, we have a special term for these periods when power use reaches its highest levels: Peak Demand Periods. The demand for power may reach a peak for a brief period, but your power supplier must nonetheless have adequate electrical facilities and resources to serve that level of demand.

The state's electric cooperatives spend large sums of money operating generating facilities and buying supplemental power in order to meet this peak demand. The co-ops pay for

R.G. Brecheisen

this extra "on-peak" power through special demand charges, which are calculated based on the kilowatts of electric demand. A kilowatt is equal to 1,000 watts of power, which is what you would get with 10 100-watt light bulbs all turned on at the same time. These demand charges from the co-ops' power suppliers account for 35-50 percent of each dollar collected from the members.

As electrical usage increases across the state due to growth, the co-ops will need more generating facilities to deal with an ever-increasing peak demand. If that requires building costly additional generating facilities, you can count on paying more for electricity. The new construction must be paid for, and your co-op will be forced to pass that higher cost along to you.

But there is an alternative: you and your cooperative can work together to help curb the growth in peak demand and reduce the need for costly new power plants.

One way you can help is to purchase energy-efficient lighting and electrical appliances, even if they cos more than other models. Over time, the money you save on your monthly bill will compensate for the higher cost of the more efficient unit. And, as technological advances improve the efficiency of these devices and increase your savings, their "payback periods" will be reduced. We can see this trend following the advances that have been made in electric heat pumps since they were first introduced.

Participating in your cooperative's load management program is another way you can help to control the growth of peak demand. By allowing your cooperative to control water heaters and to cycle air conditioners on and off during periods of peak usage, you will help hold down your co-op's cost of power while also reducing the need for new generating capacity.

Your cooperative may offer other programs that are designed to reduce peak demand. They might include: time-of-day rates, interruptible rates, electric thermal storage space heaters and special rebates for energy efficient appliances.

If you want to do your part, contact your local cooperative and ask how you can help in "beating the peak."

R.G. Brecheisen is general manager of Piedmont Electric Membership Corporation, Hillsborough.

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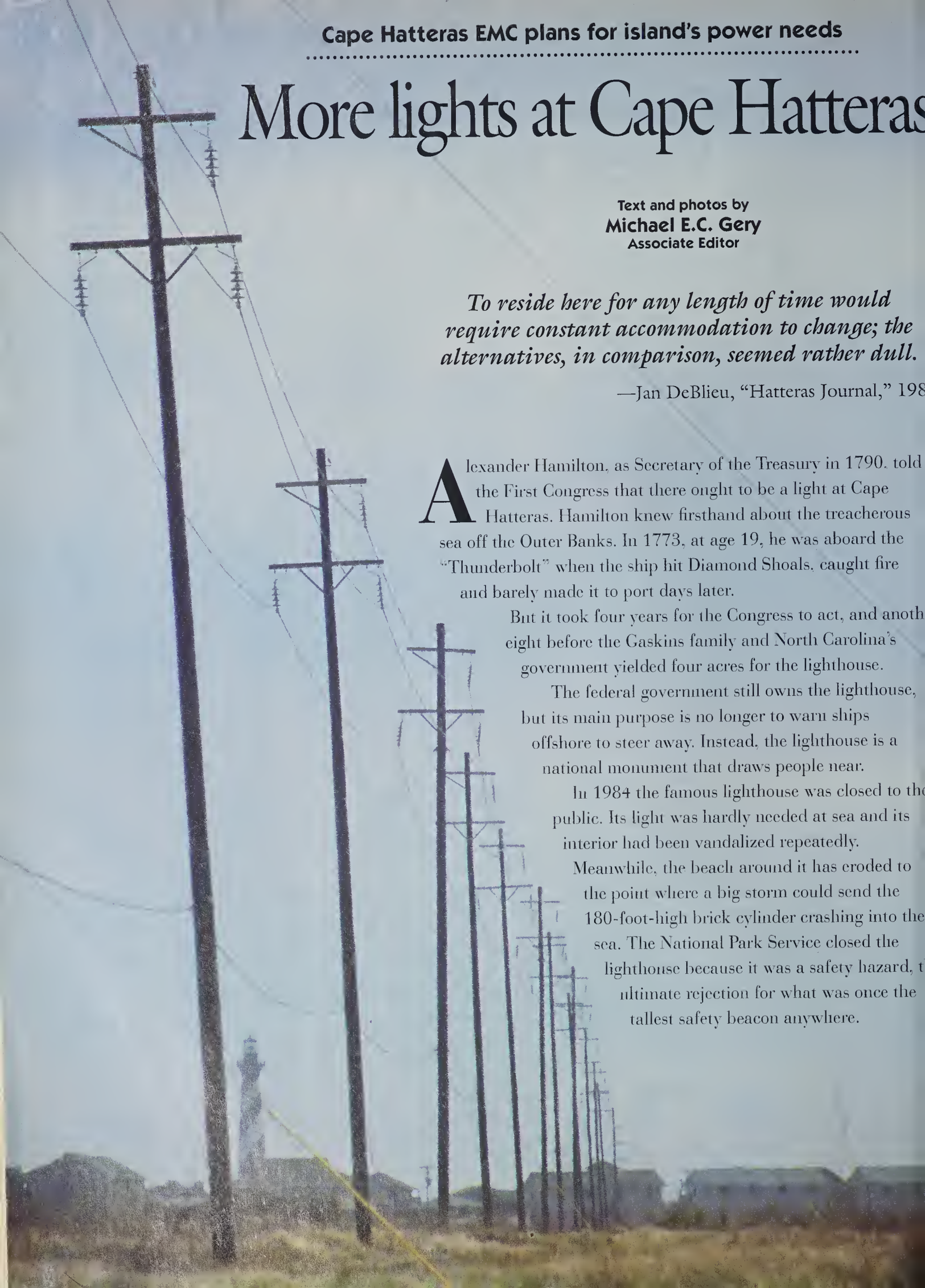
Cape Hatteras EMC plans for island's power needs

More lights at Cape Hatteras

Text and photos by
Michael E.C. Gery
Associate Editor

To reside here for any length of time would require constant accommodation to change; the alternatives, in comparison, seemed rather dull.

—Jan DeBlieu, "Hatteras Journal," 198



Alexander Hamilton, as Secretary of the Treasury in 1790, told the First Congress that there ought to be a light at Cape Hatteras. Hamilton knew firsthand about the treacherous sea off the Outer Banks. In 1773, at age 19, he was aboard the "Thunderbolt" when the ship hit Diamond Shoals, caught fire and barely made it to port days later.

But it took four years for the Congress to act, and anoth eight before the Gaskins family and North Carolina's government yielded four acres for the lighthouse.

The federal government still owns the lighthouse, but its main purpose is no longer to warn ships offshore to steer away. Instead, the lighthouse is a national monument that draws people near.

In 1984 the famous lighthouse was closed to the public. Its light was hardly needed at sea and its interior had been vandalized repeatedly.

Meanwhile, the beach around it has eroded to the point where a big storm could send the 180-foot-high brick cylinder crashing into the sea. The National Park Service closed the lighthouse because it was a safety hazard, t ultimate rejection for what was once the tallest safety beacon anywhere.

In many ways, the fate of the Cape Hatteras lighthouse matches that of its host community, Hatteras Island. Both are beautiful sights to behold. Both have endured because of their reverence for the sea. And both are under severe stress from the demands of weather and people who visit the Outer Banks in a big way.

This spring, the National Park Service completed a $1 million project to repair the lighthouse, and for the first time in almost 10 years the Park Service re-opened it to tourists.

Likewise, Hatteras Island is making needed repairs. Government support and local initiative are introducing planned growth to the island: a fortified Highway 12, sensible zoning, adequate water supply, and enhanced electric service. If repairs go as promised, Hatteras Island will have a new support structure, too.

Change in the wind

For two centuries after permanent settlement in the 1740s, the only major change people saw on these outermost of the Outer Banks was in the banks themselves. Now, change is as constant as the wind. It comes steadily, and sometimes harshly, like the Atlantic surf.

In the 1860s there were about 1,200 people living on Hatteras Island—in the villages of Chicamacomico, Clarks, Kinnakeet, the Cape, Trent and Hatteras.

By the 1930s, the villages were home to about 1,800 people, but change already was at hand. For one thing, the U.S. Post Office over the years had assigned names to the villages: Rodanthe, Waves, Salvo, Avon, Buxton, Frisco and Hatteras.

Jack S. Gray remembers the 1930s on the island. About 300 people lived in his village of Buxton, near the lighthouse. He was a schoolboy. His father was principal at the local school and ran a store.

Islanders then made soap from lye, ash and the remains of free-running hogs, Gray recalls. Citizens fished, worked with the Coast Guard, and ran small businesses. They ate shellfish, ducks, robins, and salted beef or pork.

"It was an easier life than a farmer's," he says.

The lighthouse wick, nine feet in diameter, ran on lamp oil. Jack Gray's father would carry two 5-gallon cans of oil up the 248 steps. Most houses were lit by kerosene oil, too.

Hatteras Island native Jack Gray.

Cars driven south from Nags Head could cross Oregon Inlet on Toby Tillet's ferry. Deposited on the island, drivers waited until low tide and raced down the ocean beach, "like Daytona," Gray says. If they tried going any other route, they would likely get stuck in sand.

In the 1930s the federal government and a few Outer Banks visionaries laid plans for a park on the seashore. The idea was to create an Outer Banks national park, as much to revive a Depression-era economy as to protect the beaches from resort development. On Hatteras, at the time, land sold at $12 an acre.

But in the middle 1940s, the park plan was halted as oil companies blasted wells along the Banks in an attempt to find oil. The oil companies soon gave up, and the park planners resumed their work. But the nation was at war now, and a national park again took a back seat in the political bandwagon.

Jack Gray and his brothers went off to World War II. When they returned to Hatteras Island, Jack remembers, their father said, "The Lord granted my greatest wish: that you boys would come home safe. Now, I only want three more things before I die: a paved road on the island, an accredited central school for these villages, and electricity."

Jack Gray grins in recalling his father's words. "He got all three."

It is his way of saying, "You can't stop progress."

After World War II, the development of Cape Hatteras began in earnest. The state began paving a road on Hatteras Island in 1947. The National Park Service gradually acquired land for its national seashore park. Park boundaries were drawn to exempt the villages and businesses, and to allow fishing.

Local citizens began imagining a whole new tourist boon. Fishermen

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found themselves opening sandwich shops and filling stations. Jack Gray's father built a motel.

"They told us then, if you hold on to your land in the villages, it will be really worth something some day," Jack Gray says.

When the Herbert C. Bonner Bridge crossed Oregon Inlet in 1963, there was no looking back. The Cape Hatteras seashore was no longer accessible only to adventurous tourists in beach buggies. Now it was open to anyone. In 1964, more than a million cars crossed onto the island.

The price of popularity

This summer more than 2 million people will visit Cape Hatteras.

At the height of the season, the Hatteras Island population of 5,000 will swell to 15,000, and that doesn't count the daily visitors.

Vacant, privately-held land is hard to find and at a premium, given the restrictions of the park boundary. But anyone who held on to $12-per-acre land in the 1930s can see a $150,000 price tag on a quarter-acre today.

Conservationists are worried, just as they were in the 1930s.

The Friends of Hatteras Island, formed in 1986 to protect the 3,000-acre Buxton Woods—the largest tract of rare maritime forest in the state—is among those who say the island is reaching its capacity to hold people and satisfy their need for fresh water. For more than two years, the Friends have been at loggerheads with the Cape Hatteras Water Association and real estate development forces over the association's right to place nine new wells in the Buxton Woods. To date, 638 acres of the Woods are in a reserve, but the right to pump from its aquifer has been upheld by courts and state government agencies.

County building permits for some 600 housing units on the island already have been approved although a permanent water supply has yet to be finally secured.

Sybil D. Basnight, a Dare County native and environmental leader, criticizes government for not first setting population density controls on Hatteras based on scientific studies.

Basnight refers to a 1985 planner's recommendation that the county "let the people in the areas choose their densities, then adjust zoning accordingly. That was at a time when people still had a choice. In many areas, there is no longer a choice. What people see today as open space already has been platted with approved building plans."

As Jack Gray sees it, "There are people here now who don't want to see the island grow. They don't want people to move next door to them to disrupt their view."

Among longtime islanders, Gray says, "there are some who say 'Yankee go home.' But most realize that their income and their future depend on tourism. Commercial fishing here is declining and eventually will be a thing of the past."

For 20 years Gray has owned the Tower Circle Motel built by his father. And he is secretary-treasurer of the board of directors of the Cape Hatteras Electric Membership Corporation (EMC) in Buxton. His father was instrumental in securing the first loan in 1945 to bring electric power to the villages and was the co-op's first engineer.

"We have systems now that can handle this growth," he says. "It will just cost a lot of money."

A new line for the island

Of three dozen motels and almost as many restaurants on Hatteras, only one is a franchised business.

Hatteras Island Attractions

Hatteras Island has held on to the feel of "the Outer Banks the way it used to be," but also offers conveniences of a first-class beach resort. The island claims some of the best sport fishing, windsurfing, and beach recreation of any seaside in the East.

Here are some of the attractions. The area code is 919.

- Cape Hatteras Lighthouse and Visitor Center. National Park Service site. Tallest lighthouse in the U.S. Needs volunteer guides. 995-4474.
- Pea Island National Wildlife Refuge. Walking trails. 473-1131.
- Chicamacomico U.S. Life Saving Service Station, Rodanthe. Historical exhibits, weekly reenactment of rescue drills in summer.
- Hatteras Island Business Association. Information on rentals, motels, real estate, camping, charter sport fishing, and recreation. 995-4799.

Windsurfers at the Canadian Hole.

- Frisco Native American Museum. 995-4440.
- Oregon Inlet Fishing Center. National Park concession. Boat ramp, charter boats, full-service marina. 441-6301.
- Billy Mitchell Airstrip, Frisco. 3,600-ft. runway with parking.
- U.S. Coast Guard. Headquarters at Oregon Inlet (987-2311), Buxton (995-6410) and Hatteras Inlet (986-2751).
- Hatteras Inlet Ferry. Free state ferry to and from Ocracoke Island.

Comfort Inn. National chains hesiate to establish themselves in an area vithout adequate utilities.

Besides supporting plans for the iew wells in Buxton Woods, county officials discuss building a reverse smosis plant on Hatteras to convert eawater to fresh water.

Carolina Telephone is laying new iber-optic cable on the island.

And the Cape Hatteras EMC is preparing to upgrade an electric ystem that has been stretched to he limits.

Cape Hatteras EMC leaders say he co-op must overcome more natral obstacles in providing electric ervice than virtually any utility in he nation. Storms, high winds, high ides and salt spray are bigger probems here than almost anywhere else. Added to nature's challenges are the massive surges of usage that come very summer along with the visitors.

Electricity flows to the island from North Carolina Power facilities through transmission cable, 12 miles from Nags Head to the Bonner Bridge, then three miles across the bridge and 48 miles through Pea Island National Wildlife Refuge, eight villages and the national seashore to Hatteras Inlet.

"That is 60 miles of exposure to some of the harshest environment electric lines must go through," says Myron Rummel, manager of the EMC since 1991.

Storms not only knock out power, they also blow salt spray onto transformers, insulators, circuit breakers, trucks and even meters attached to buildings. And more than once, a storm has sent vessels crashing into the Bonner Bridge, knocking out the main feeder line.

While power outages have been a fact of life on Hatteras for 50 years, the co-op has steadily improved its record in that regard. In 1991 and 1992, outage hours dropped from 83 to 22, mainly because weather was better last year. But more durable equipment has helped. So have the 15-megawatt diesel-powered generators that were built here in 1991.

Owned and operated by Carolina Electric Cooperatives, the generators are activated to reduce the need for supplemental purchased power during peak usage periods. The plants at Buxton and Ocracoke also operate to provide power during emergencies.

Stress on this member-owned system rises each summer as visitors double the number of consumers who must be served, including many "who come here for a week and run their air-conditioners with their windows open," says board member Jack Gray.

Cape Hatteras EMC already has by far the highest financial investment per mile of line among the state's 28 co-ops: $50,000 per mile of line, more than twice the state average.

Such a system costs its members

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plenty. And the cost will rise.

To meet the needs of residents, businesses and tourists on Hatteras Island, Cape Hatteras EMC needs to rebuild its sub-transmission system. The existing 34.5-kilovolt line already is overtaxed. It must be replaced with a 115-kv line that will run along the Highway 12 right-of-way. The project will require upgrading the substations at Avon and Buxton and building a new one at Waves.

The upgraded power system, replacing about half the existing poles, would remain in the Highway 12 right-of-way.

Such a revamped system would mean better service to the island's current customers and sufficient capacity to handle future growth.

The EMC's proposal to build a 115-kv line and its auxiliary systems carries a $25 million price tag. Rates to consumer-members could rise 20 to 25 percent.

The co-op board, its Carolina Electric Cooperatives state office staff, and consultants have drafted a plan for upgrading the system in two phases. The first would accomplish the work south of the Bonner Bridge in about 18 months, boosting the system's capacity by about 20 percent. The second would upgrade transmission from Nags Head and across the bridge, when a replacement bridge is completed across Oregon Inlet, now scheduled for 1998.

Paying for it all causes board members to groan, Gray says.

The co-op has applied for a low-interest loan from the federal Rural Electrification Administration, and other financing is being considered. Gray and others have even discussed assessing an unprecedented "impact fee" on all new consumer-members.

"Maybe they should pick up the cost of their impact when they hook up," Gray says. "But then what about the local people who move into a new trailer? What about the value of the increase in reliable service?"

Gray concludes, "If we are to have all the electricity we want, we're going to have to start paying for it right now."

Hatteras Island may no longer need a lighthouse to send a signal to ships at sea. But the island learned last year it needed a warning light for summer traffic on Highway 12. And that kind of light won't run on lamp oil.

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Focus

Bill Clinton's family tree reaches into Randolph County.

Bicycle generator will serve as a teaching tool

Energy efficiency should be a more interesting subject for students across the state to learn, with the help of a customized bicycle educators can build.

Energy experts working with North Carolina Alternative Energy Corporation (AEC) have turned a standard 10-speed bicycle into an electrical generator, with the "rider" serving as the power source. Assembly directions for the teaching aid, which has been trademarked as The Energy Cycle by AEC, are now being made available, beginning with school systems around the state.

The Energy Cycle powers an electric fan.

"The goal is to help teach that energy is not something that comes without effort, and that some ways we use it are more efficient than others," says Bob Zickefoose, senior engineering project manager at AEC, a nonprofit organization formed in 1980 by the state Utilities Commission to promote energy efficiency statewide.

AEC has put assembly directions, as well as typical classroom lessons involving student interaction, into a manual and accompanying videotape.

Materials will cost about $750. The instruction kit can be ordered for $35 (plus 6 percent sales tax for N.C. residents) from AEC, P.O. Box 12699, Research Triangle Park, N.C. 27709.

Youths may apply for weekend energy retreat

High school students who are associated with North Carolina electric cooperatives may apply for the 1993 Youth Energy Retreat scheduled for Aug. 6-8 at the Penn 4-H Center in Reidsville.

A group at the 1992 Youth Energy Retreat.

The retreat offers summer recreation as well as education in public speaking, safety, and the principles of cooperative businesses.

Carolina Electric Cooperatives funds the weekend activities for teenagers who are selected by their respective electric cooperatives.

To be eligible, a youth must be a rising freshman or sophomore and a child or ward of a North Carolina EMC member or employee. The deadline for applications is July 12.

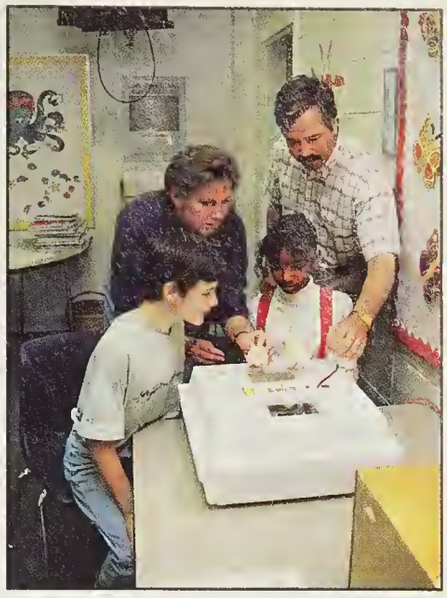
For more information, contact an EMC or Lois Goodwin at Carolina Electric Cooperatives in Raleigh. Phone: (800) 662-8835.

Brunswick co-op awards grants to local schools

Fourth graders in Brunswick County will know more about the chicken-and-egg story now that a "Partnership for Solutions" mini-grant series has been set among local schools and Brunswick Electric Membership Corporation, Shallotte.

The partnership for fourth graders was hatched by county 4-H agent Billy Privotte, who suggested an embryology program be added to the school systems' life sciences curriculum. The program teaches children about embryo development and stages of growth.

Teachers at Bolivia, Supply and Union elementary schools, and a special class at South Brunswick High School, were enthusiastic about the program but they needed incubators where students could observe eggs hatching. The schools applied for one of the new mini-grants offered this year by Brunswick EMC, and they each received a $250 grant for incubators.



Philip Morgan, Brunswick EMC

4-H agent Billy Privotte (right) demonstrates incubator at Supply Elementary School.

The co-op mini-grants allowed the schools to buy incubators, a local hatchery donated eggs, and the 4-H program supplied educational materials.

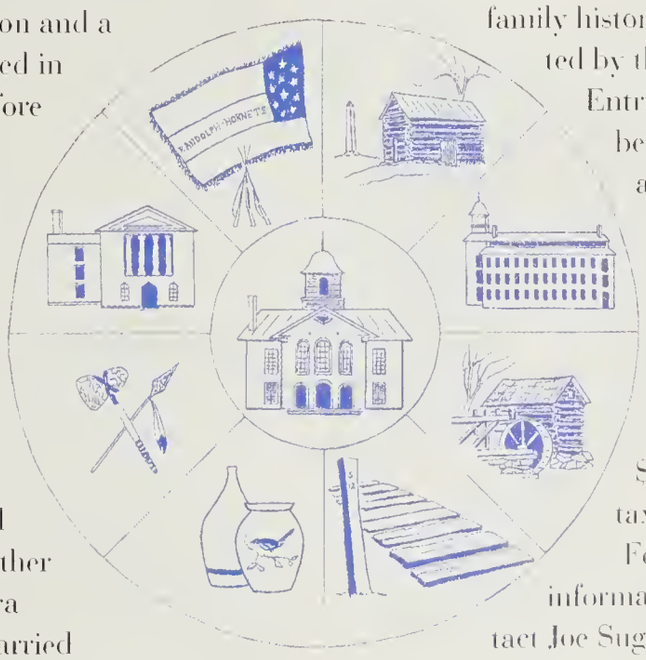
Such partnership in education is the idea behind the EMC's new mini-grant program. The co-op's member service director, Judy Gore, said the 75 applications received from schools this year show that "monies are badly needed to enhance the educational opportunities for our youth."

Classroom teachers at other Brunswick County and Columbus County schools also benefitted from the grant program. The $250 grants were used to fund such needs as tape players and headphones, a word processor, science books, encyclopedia updates and plants for landscaping.

Clinton family tree has roots in Randolph County

A new history of Randolph County families establishes family tie between President Bill Clinton and a man who settled in the county before 1810.

The man was Lemuel Baum, who is believed to have come from the Currituck area. He has been identified as the grandfather of Esther Elvira Baum, who married Thomas Jefferson Blyth, Clinton's great-great grandfather.



Randolph County "Heritage" seal

The book, "The Heritage of Randolph County," will include an overview history of the county and family histories submitted by the families. Entries are still being accepted for patron honor pages.

The volume will sell for $47.50, plus tax of $2.85. For more information, contact Joe Suggs, P.O. Box 2311, Asheboro, N.C. 27203. Phone: (919) 629-1693.

EMC manager re-elected to top Co-op Council post

Eugene W. Brown Jr.

The manager of Roanoke Electric Membership Corporation, Rich Square, has been re-elected chairman of the board for the North Carolina Cooperative Council.

Eugene W. Brown Jr. was re-elected along with other officers of the organization during the council's 1993 annual meeting.

Also re-elected were Tom Emerson of North Central Farm Credit, ACA, Greensboro, first vice chairman; and David Jones, Dairymen, Inc., Greensboro, second vice chairman.

F. Carlyle Teague serves as president of the Raleigh-based council.

Turning fowl litter into fertilizer

If you think there is no use for the waste "litter" left behind by the fowl of North Carolina's turkey and broiler houses, think again.

A Sampson County business turns the stuff into composted organic matter that can be used as fertilizer.

McGill Environmental, a member of Four County Electric Membership Corporation, Burgaw, collects the waste from poultry houses in southeastern North Carolina and composts it with microbes, forced air and natural heat.

Much of the product is sold to the N.C. Department of Transportation as fertilizer for the roadside wildflower program. Some goes in bulk to landscapers, nurseries and greenhouse operations.

Jim McGill, an environmental scientist who operates the new venture, says the product has no odor and contains nitrogen, phosphorous, potassium and other beneficial organic matter.

Salstrand Studios

McGill's business developer, Lynn Lucas, says the product is registered as a 1-2-1 ratio fertilizer.

"It makes an excellent soil amender," she says. "In some cases, it can be better than peat moss."

For more information about the composted litter products, contact McGill Environmental, Route 1, Box 212, Rose Hill, N.C. 28458. Phone: (919) 532-2539.

Preservation/North Carolina plans map of historic sites

The Historic Preservation Foundation of North Carolina, Inc., also called Preservation/North Carolina, is compiling a map of North Carolina's historic sites which are open to the public.

The map will encompass historic facilities owned by nonprofit organizations or governmental agencies which are regularly open to the public.

To submit entries for the map, contact Gina Hamill, P.O. Box 27644 Raleigh, N.C. 27611-7644. Phone: (919) 832-3652.

Motorcycle rider education information

If you are like most motorcyclists you probably taught yourself how to ride or you learned from a friend. In any case, you may not have all the skills you need to avoid accident or injury.

Through the North Carolina Motorcycle Safety Education Program (NCMSEP), courses certified by the Motorcycle Safety Foundation are available for beginners and experienced riders. They are taught by highly skilled riders.

Students in the "Riding and Street Skills" course for new riders learn and practice the four fundamental riding skills: straight-line riding, turning, shifting and stopping.

Students in the Experienced Rider Course are taught motorcycle dynamics, survival strategies, motorcycle loading, emergency braking, countersteering and accessory selection.

The NCMSEP currently offers rider training at 12 community college sites in North Carolina. The training season extends from March through December.

For more information, contact Bob Brown, Minges, ECU, Greenville, N.C. 27858-4353. Phone: (800) 428-7433.

Boone man elected to office with national lending agency

Johnnie R. Austin of Boone, president of the board at Blue Ridge Electric Membership Corporation (EMC), Lenoir, has been elected to a top office in a national cooperative financing organization.

Austin, who has been on the Blue Ridge EMC board since 1970, will serve for the coming year as secretary-treasurer of the National Rural Utilities Cooperative Finance Corporation.

The organization, which is headquartered outside Washington, D.C., provides loans to electric and telephone co-ops to supplement the financing available from the Rural Electrification Administration.

Austin represents North Carolina and nine other states on the national board.

Michael E.C. Gery

Johnnie R. Austin

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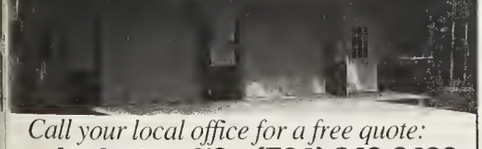

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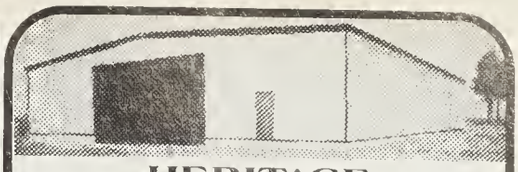

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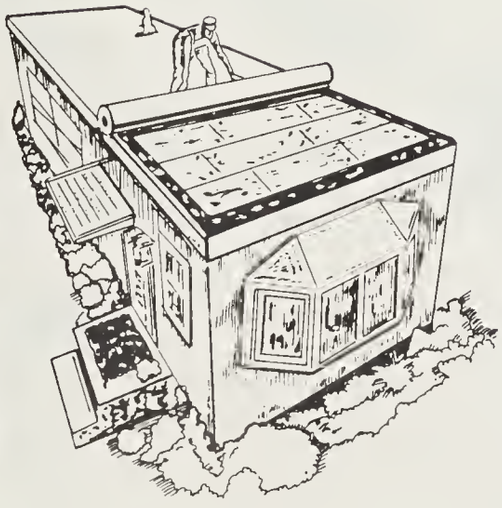

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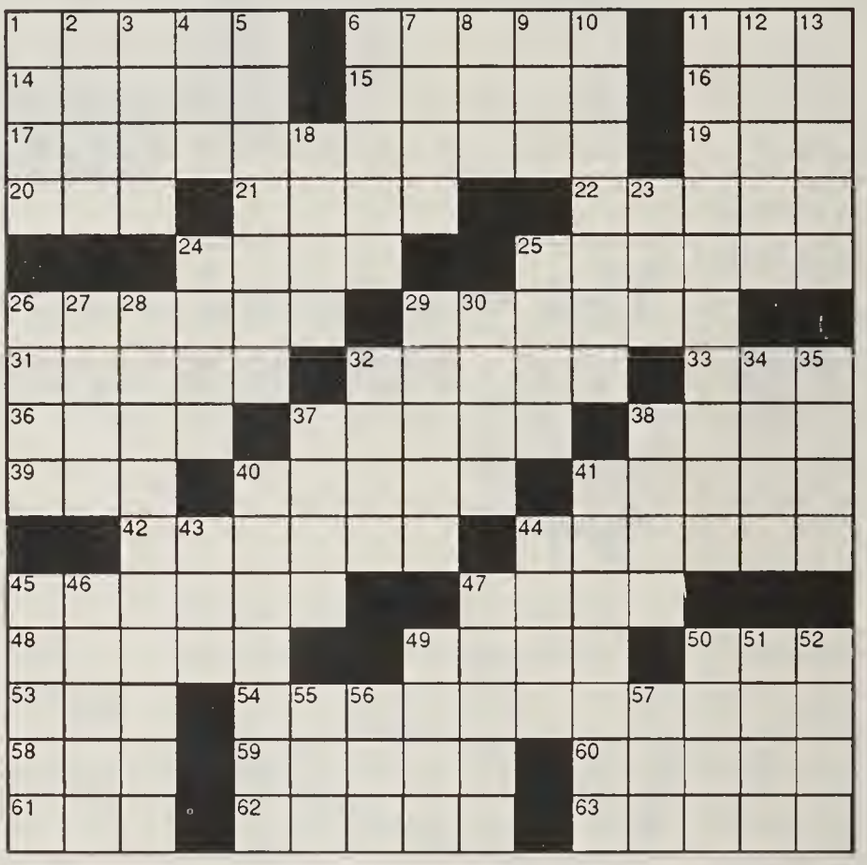
Rural Electric News Service

CROSSWIRES

By Eric Albert

See solution CROSSWIRE page 17



ACROSS

1. Put up with
6. Roughen the surface of
11. "___ du lieber!"
14. Deed holder
15. Get progressively thinner
16. Udderance?
17. REC's favorite game show?
19. Lowest Army rank: abbr.
20. Compass point: abbr.
21. Reading material?
22. Henry Ford's son
24. Take a nap
25. Country's Conway
26. Helpful suggestions
29. Predicament
31. Earthenware pot
32. Like melted chocolate
33. Livestock feed
36. Say something
37. Comedian Milton
38. First gardener
39. Corporal's superior: abbr.
40. Symbol of love
41. Sacred song
42. Vincent Van Gogh's ___ Night
44. War site (1853-56)
45. Using oars
47. Female deer
48. Russian mountain range
49. Billions of years
50. Ghost's greeting
53. Dust cloth
54. REC's favorite saying?
58. Chewed and swallowed
59. Jumps up
60. Olympic gymnast Comaneci
61. Spy novelist Deighton
62. Kind of daisy

DOWN

1. Female pigs
2. Christmas poem beginning
3. Add to a poker pot
4. Tennis court divider
5. Baby-book author
6. Manner
7. Unruffled
8. news service: abbr.
9. Marshy area
10. No-toll road
11. REC's favorite city?
12. Commandment work
13. With passion
18. Pencil puzzle
23. Go down a bit
24. Actor Van Dyke
25. Fig or fig
26. Plays a part
27. Pull along the ground
28. REC's favorite car?
29. Regretful
30. Revolver inventor
32. Toothed wheel
34. George Bush's alma mater
35. Jane Austen book
37. Mass of ice
38. "Working or not"
40. Star Wars character
41. Gift
43. "___ Reveille" (Kay Kyser hit)
44. Ice cream holder
45. The R in REC
46. Talk pompously
47. Use a divining rod
49. Catch sight of
50. Murder-mystery requirement
51. "Buckeye State"
52. Arabic country
55. Put a spell on
56. The wild West?
57. Roofing material

1993 EMC Annual Meetings Calendar

DATE	EMC	TIME	LOCATION
June			
12	Blue Ridge, Lenoir	Registration: 8:00 a.m. Business Meeting: 9:30 a.m.	Ashe Central High School, Jefferson
18	Randolph, Asheboro	Registration: 6:00 p.m. Business Meeting: 8:00 p.m.	Southwest Randolph Middle School, 5 mi. SW of Asheboro

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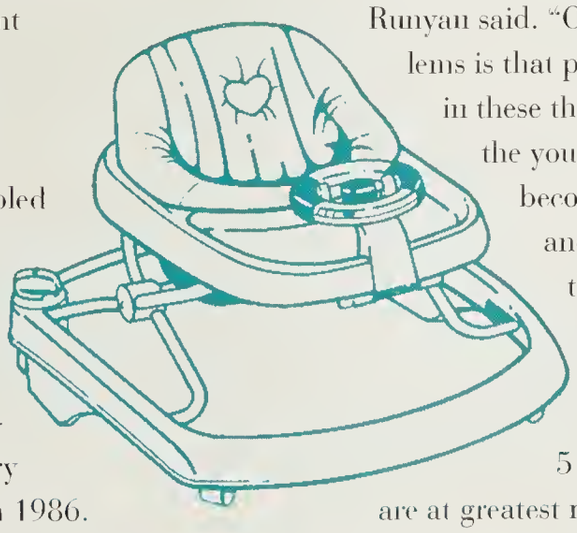
Injuries double in 12 years

Safety expert urges parents to stop using baby walkers

Each year in the United States, about 29,000 children are treated in hospital emergency rooms for injuries related to baby walkers and several are killed, according to recent research.



Documented injuries from the devices have doubled in this country in the past 12 years alone and increased 45 percent since passage of a voluntary safety standard in 1986.

For those reasons, the director of the Injury Prevention Research Center at the University of North Carolina at Chapel Hill is urging parents to stop using the walkers—or at least to exercise extreme caution when toddlers are in them.

"The American Academy of Pediatrics, the Consumer Federation of America, the National SAFE KIDS Campaign and Consumers Union have filed a petition with the U.S. Consumer Product Safety Commission to ban baby walkers," said Carol Runyan, associate professor of health behavior and health education at the UNC-CH School of Public Health.

"This is an issue that the academy has been watching and expressing concern about for several years," Runyan said. "One of the problems is that parents put kids in these things, allowing the youngsters to become more mobile and get into things they shouldn't get into or fall down stairs."

Infants from 5 to 15 months old are at greatest risk from the devices, which have a circular metal frame, a seat and rollers. About 80 percent of American babies that age use the devices, and about a third to a half of those will experience an injury.

The most common accident involving walkers is falling down stairs, even stairs equipped with child safety gates which have been left open, she said. Sixty percent of hospital emergency room visits related to walkers involve falls, and head injuries also are frequent.

"A severe head injury can cost $150,000 to treat," said Runyan, who also is director of the Injury Prevention Research Center, a joint program of the UNC Highway Safety Research Center and the Center for Health Promotion and Disease Prevention.

Other relatively common injuries related to the walkers are burns, because youngsters using them have an extended reach but little understanding of danger, she said. Children sometimes grab pot handles on stoves or electric cords from crock pots and tip scalding liquids onto their faces, causing permanent or long-lasting disfigurement. Treatment costs for such burn injuries average $12,000.

"There is no developmental reason why walkers are helpful in getting kids to walk, and so there is no reason to have them at all," she said.

Many parents erroneously believe walkers help infants learn to walk earlier, but that's not so, according to studies conducted elsewhere. The devices may even hamper development of normal walking. In a study of twins, children placed in walkers walked later than their brothers and sisters.

—David Williamson

Answers to puzzle, page 16

S	T	A	N	D	■	S	C	U	F	F	■	A	C	H
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R	A	G	■	O	H	M	S	W	E	E	T	O	H	M
A	T	E	■	L	E	A	P	S	■	N	A	D	I	A
L	E	N	■	O	X	E	Y	E	■	T	R	Y	O	N

"Favorite Recipes" from Surry County

The Surry County Extension Homemakers are now offering a revised edition of their popular 1980 cookbook, "Favorite Recipes."

The "red cookbook," which contained a collection of treasured family recipes, quickly became a staple in most Surry County homes after the original was published.

Proceeds from the sale of the new book will support educational projects of the Extension Homemakers Clubs.

"Favorite Recipes" may be ordered from the Surry County Center of the North Carolina Cooperative Extension Service, P.O. Box 324, Dobson, N.C. 27017. The cost of the book is $10, which includes shipping and handling. Copies also are for sale at the Extension Center in Dobson for $8 each.

Reprinted at right are three recipes from the new edition.

Potato Casserole

2 pounds hash browns (frozen, crumbled)
1 can cream of chicken soup
1 stick margarine, melted
1 cup (½ pint) sour cream
½ cup chopped onions
2 cups shredded sharp cheddar cheese.
1 teaspoon salt
Buttered corn flakes

Combine all ingredients except corn flakes. Turn into greased casserole. Top with buttered corn flakes. Bake at 350 degrees for one hour. Serves 12.

Hot Chicken Salad

1½ cups chopped cooked chicken
¾ cup chopped celery
¾ cup slivered almonds
2 hard boiled eggs, chopped
1 small onion, minced
2 tablespoons minced red pimento
½ cup mayonnaise (scant)
1 can cream of mushroom soup
2 teaspoons lemon juice
1 cup rice, cooked until tender in salted water.

Mix all ingredients well together. Refrigerate overnight. Next morning, let stand 30 minutes. Put crumbled potato chips over top and bake in 350 degree oven for 30 minutes. Will serve 12 people.

Cranberry-Apple Casserole

3 cups diced unpeeled apples
2 cups raw cranberries
1 pack cinnamon candies
½ cup sugar

Topping

½ cup melted butter
1½ cups oatmeal
½ cup brown sugar
⅓ cup plain flour
½ cup chopped pecans

Mix apples, cranberries, candy and sugar and put in a greased casserole. Mix topping ingredients well and spread on casserole. Bake at 350 degrees for one hour.

Congressional Roll Call

Here's a guide to help you contact your elected representatives in the 103rd Congress, either in Washington or in North Carolina.

U.S. Senate

Senator Jesse Helms
403 Dirksen Senate Office Bldg.
Washington, D.C. 20510
Telephone: (202) 224-6342

District:
P.O. Box 2888
Raleigh, N.C. 27602
(919) 856-4630

P.O. Box 2944
Hickory, N.C. 28603
(704) 322-5170

Senator Lauch Faircloth
702 Hart Senate Office Bldg.
Washington, D.C. 20510
Telephone: (202) 224-3154

District:
310 New Bern Avenue, Suite 366
Raleigh, N.C. 27601
Telephone: (919) 856-4791

401 W. Trade Street, Room 219
Charlotte, N.C. 28202
Telephone: (704) 375-1993

251 Main Street, Suite 422
Winston-Salem, N.C. 27101

37 Battery Park, Suite 16
Asheville, N.C. 28801
Telephone: (704) 251-0165

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222 Cannon House Office Bldg.
Washington, D.C. 20515
Telephone: (202) 225-3101

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Greenville, N.C. 27834
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(800) 274-8672

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District:
218 Federal Building
Fayetteville, N.C. 28301
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Telephone: (919) 343-4959

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Washington, D.C. 20515
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District:
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Concord, N.C. 28025
Telephone: (704) 786-1612

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Washington, D.C. 20515
Telephone: (202) 225-1976

District:
401 W. Trade Street, Suite 214
Charlotte, N.C. 28202
Telephone: (704) 372-1976

224 S. New Hope Road, Suite H
Gastonia, N.C. 28054
Telephone: (704) 861-1976

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District:
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Asheville, N.C. 28801
Telephone: (704) 251-1988

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1232 Longworth House Office Bldg.
Washington, D.C. 20515
Telephone: (202) 225-1510

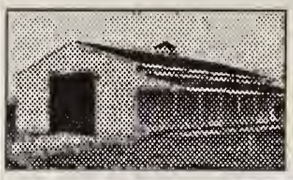
District:
Suite 310, Cadillac Building
214 North Church Street
Charlotte, N.C. 28202

To contact President Clinton:

President Bill Clinton
The White House
1600 Pennsylvania Ave., NW
Washington, D.C. 20500
Telephone: (202) 456-1414

MARKETPLACE

POLE BUILDINGS



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24 x 40 x 8	$10,100
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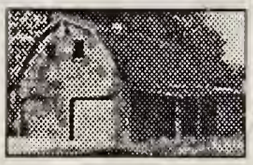
(erected prices)



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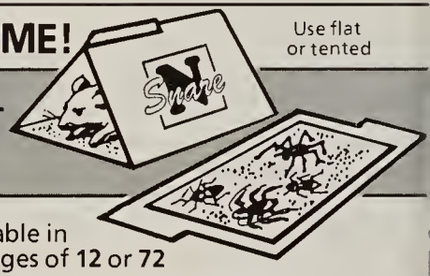

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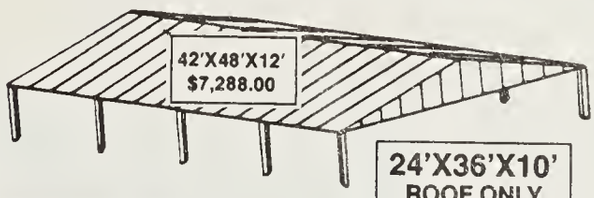

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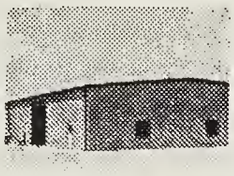

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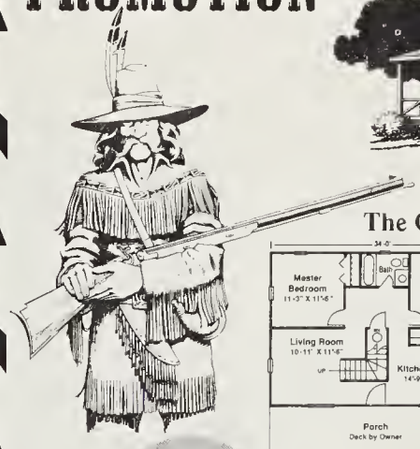

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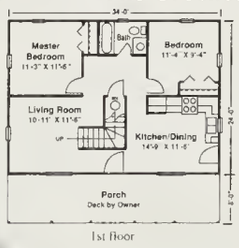

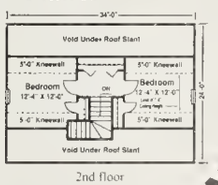

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Canton centennial

A year of events, Canton.

Betty Swanger and the sign from which Canton, N.C. took its name 100 years ago.

Celebrating Canton's progress in the past and future with a mixture of events throughout the year. May 11: Public Forum, town hall courtroom; June 19: Centennial Jubilee with old days theme; Sept. 6: Labor Day celebration; Nov. 11: Veteran's Day parade and ceremony, Pisgah Memorial Stadium; Dec. 2: Christmas parade; Dec. 28: Burial of a time capsule, Locust Field Cemetery. Contact Jean Routh at (704) 452-3333.

Blue Ridge Craft Shows

Blue Ridge Hearthside Crafts, Foscoe.

BRHC is a non-profit cooperative which operates two retail shops and sponsors four craft shows a year. Craft show dates are June 18-20, July 9-11, August 6-8 and October 8-10 featuring entertainers, potters, basketmakers, wooden toy makers and over 50 other artisans. Located at the Pavilion in Foscoe. Contact Carolyn C. Francis, Fair Chairman, 512 Cline Road, Dandrige, Tenn. 37725. Phone: (615) 397-2172.

Folk Art Center

Blue Ridge Parkway, east of Asheville.

Folk Art Center of the Southern Highland Handicraft Guild was founded to preserve the handicraft skills of the Southern Appalachians.

Coming up: June 12, Clay Day, featuring wheel throwing and hand building techniques and glazing processes; August 14, 13th Annual Gee Haw Whimmy Diddle Competition, an Appalachian folk toy made from mountain laurel or rhododendron. Contact Folk Art Center, P.O. Box 9545, Asheville, N.C. 28815. Phone: (704) 298-7928.

Zoos and aquariums

N.C. Zoo, Asheboro.

N.C. Zoological Park joins zoos and aquariums across America in celebrating Zoo and Aquarium Month by featuring entertaining and educational programs throughout June. June 5: "Create a creature"; June 12: "Hanimals"; June 19: The Environmental Players acting troupe; June 26: "Other Tales" presented by Hobie Ford and The Golden Rod Puppets. Contact Rod Hackney, Rt. 4, Box 40B, Asheboro, N.C. 27203. Phone: (919) 879-7200.

In Old Salem

July 3-4, Old Salem, Winston-Salem.

Restored Moravian Congregation town. Special crafts and domestic skills demonstrations, recreations of the daily lives of colonial troops and their families. A reading of the Declaration of Independence followed by a re-enactment of the original Torchlight Procession. Contact Old Salem Inc., Box F, Salem Station, Winston-Salem, N.C. 27108. Phone: (919) 721-7300.

"Horn in the West"

Opens June 25, Boone.

The 42nd season of the outdoor drama depicting Daniel Boone's role in leading families to the Blue Ridge Mountains during the American Revolution. Runs nightly except Mondays through Aug. 21. The adjacent Hickory Ridge Homestead Living History Museum is open through Oct. 30. Contact Southern Appalachian Historical Assn., P.O. Box 295, Boone, N.C. 28607. Phone: (704) 264-2120 or (800) 438-7500.

Daniel Boone tells of the "horn of freedom blowing in the west."

Festival for the Eno

July 3-5. West Point on the Eno City Park, Durham.

Blues, rock, jazz, bluegrass, folk and reggae music; over 100 juried craft artists; ethnic and traditional foods. Contact Durham Convention and Visitors Bureau, 4409 Guess Road, Durham, N.C. 27712. Phone: (800) 772-BULL.

"King's Birthday"

June 19. Tryon Palace. New Bern.

Annual celebration salutes colonial ancestors. Demonstrations of colonial skills and lifestyles. Contact Tryon Palace Historic Sites and Gardens, P.O. Box 1007. New Bern, N.C. 28563. Phone: (919) 638-1560.

Alleghany Craft Fair

June 26, Sparta.

17th annual Blue Ridge Mountain Craft Fair at Crouse Park, 10 a.m. to 5 p.m. Music, storytelling, pottery, paintings, American Indian work, Laotian embroidery, wood crafts, quilts, toys and other regional specialities. Astro Jump, gold panning and games for kids. Local foods range from Sparta barbecue to fried apple pies made on a woodstove. Contact Alleghany Arts Council, P.O. Box 962, Sparta, N.C. 28675. Phone: (919) 372-2578 or 372-8265.

Tennessee trout rodeo

June 12. Laurel Bloomery, Tenn.

Free fishing day in Tennessee. Fifty prizes worth up to $100 each. Food, crafts and entertainment. Contact Douglas Warden, Rt. 1, Box 19, Laurel Bloomery, Tenn. 37680. Phone: (615) 727-9595.

Festival in Hayesville

July 9, Hayesville.

Annual festival featuring over 60 crafts people, street dance, rodeo, entertainment and food. Contact the Clay County Historical and Arts Council, P.O. Box 5. Hayesville, N.C. 28904. Phone: (704) 389-6814.

Opera to chamber music

June 24-Aug. 8. Brevard.

Brevard Music Festival's 57th season includes grand opera, Broadway musicals, pops, symphony and chamber music. Single ticket prices are $5 to $17. Contact Brevard Music Festival, P.O. Box 592. Brevard, N.C. 28712. Phone: (704) 884-2011.

Sun photo

The Chadwick House in Beaufort

Old homes and antiques

June 25-27, Beaufort and Morehead City.

Ten private historic homes, courthouse, jail, apothecary and doctor's office, art gallery and herb cottage, ranging in ages from 1732 to 1859. Antiques show at the Crystal Coast Civic Center in Morehead City. More than 40 dealers from North Carolina, South Carolina and Virginia. Contact the Beaufort Historical Association, P.O. Box 1709, Beaufort, N.C. 28516. Phone: (919) 728-5225.

USS Whiteside reunion

September 23-26. San Diego.

Reunion for former crew of the USS Whiteside, AKA-90, at Kona Kai Resort. Contact Bob O'Brien, 12700 Summerfield Lane, Poway, Calif. 92064. Phone: (619) 487-5023.

Market open on Sundays

Sundays. Raleigh.

State Farmers Market in Raleigh extends hours to Sunday, 1 to 6 p.m. Otherwise, daily 5 a.m. to 6 p.m. Exit 297 (Lake Wheeler Road), off I-440. Phone: (919) 733-7417.

July 4 Fun Festival

July 3. Lilesville.

Food, entertainment arts and crafts from 10 a.m. to 10 p.m. Parade at 2 p.m. Sponsored by the Civic Builders of Lilesville. Contact Juanita Williams. Phone: (704) 848-4711.

Model H and trains

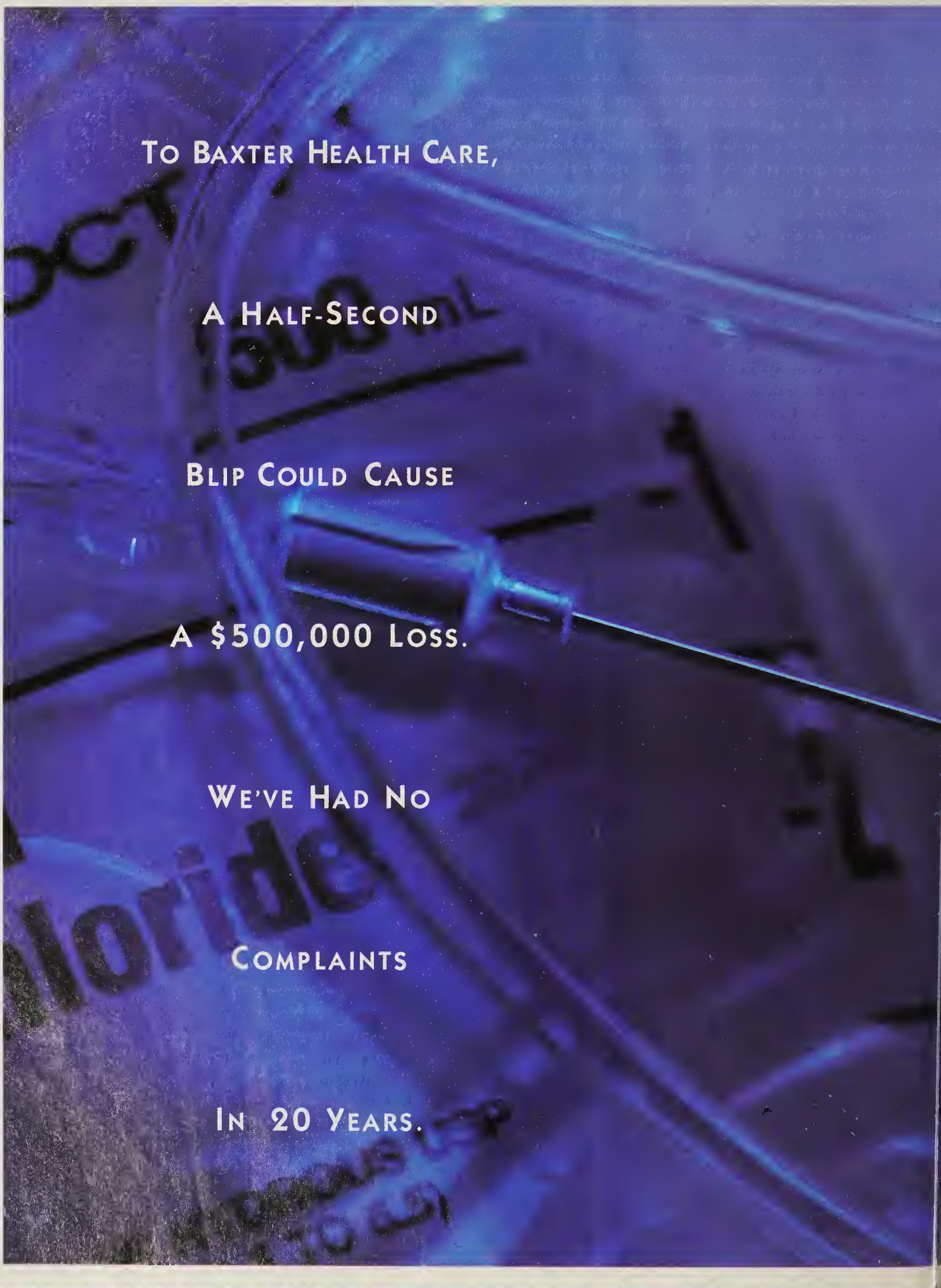
N.C. Transportation Museum, Spencer.

A 1911 Sears mail order Model H Motor Buggy will remain at the N.C. Transportation Museum at Historic Spencer Shops through 1993.

Also steam locomotive excursions run weekends through October. Diesel locomotive-powered on-site excursions continue weekdays through Labor Day. Contact Spencer Shops, P.O. Box 44, Spencer, N.C. 28159. Phone: (704) 636-2889.

Ed Robinette

1911 Sears Runabout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Hank's Gardening Guide

by Hank Smith

The first month of summer comes bearing gifts.

Flowers abound in the garden as spring advances toward summer. Roses now give garden color provided earlier by spring-flowering shrubs and bulbs. Baskets of delicious vegetables: rewards for labors past.

This month often is characterized by extensive dry periods. Water as needed to maintain plant growth and production. And, conserve moisture by applying an organic mulch over the roots of plants.

Rooting bedding plants

Some experienced gardeners become attached to a particular bedding plant. They hate to see the plant come to the end of its blooming season, as its life cycle is completed.

It is possible to continue the plant and blooms this season by the method of rooting cuttings.

Take a four-to-five inch cutting and plunge it into soil of a rooting bed which is in the shade. No hormone is necessary, but the use of one sometimes accelerates the forming of roots.

Vegetable gardening

There's still time to plant seeds of field peas, beans, squash, pumpkins, corn, watermelon and cantaloupe.

Continue to set out started plants of tomatoes, peppers, eggplants and sweet potatoes.

To assure an earlier crop of tomatoes, spray early-opening tomato flowers with a fruit-setting hormone. Plant tomatoes at least two inches deeper than they were previously growing.

Within two or three weeks you should be able to fill gaps in your flower bed, or begin a new planting.

Among annuals that root most easily are: ageratum, impatiens, petunia, marigold, coreopsis, salvia and verbena.

Azalea cuttings

When taking azalea cuttings, be sure to select unblemished wood of a bright green color. The bark should have no streaks or blotches.

Some azalea plants are infected with a disease called cylindrocladium. Cuttings from such wood will turn brown and become water soaked. When roots form above the rotted tissue they usually live only a short time.

A growing plant (one producing new leaves) seldom is killed by this disease; but cuttings from a diseased plant fail to live.

Summer bedding plants

It's not too late to set out summer bedding plants. Choose such hardy annuals as portulaca, periwinkle, salvia, zinnia and marigold. Select small plants rather than seeds, and water frequently until plants are well-established.

If the weather is extremely hot and dry, stick small branches of evergreen shrubs around newly set plants. They'll appreciate the temporary shade.

Continue to remove old flower heads from established bedding plants. Plant garden chrysanthemums; pinch growing tips of mums to make plants more compact. You'll be glad you did next fall when heavy winds and rains 'beat down' tall-growing plants.

Landscape planning

Goethe said, "No one is ever at ease in a garden unless it looks like open country."

Most landscapers today agree that the feeling of spaciousness as found in open sweeps of lawn is much desired. By grouping shrubbery borders and flower beds along side yard property lines, as well as across the back yard property line, the lawn area is opened-up. Such openness lends a feeling of spaciousness. Usually this lawn area is broken only by shade and fruit trees.

An uncluttered lawn is much easier to maintain, both in mowing and watering, as well as in treating for insects and diseases.

Look to see your yard

Now that your garden and yard are in full summer growth, take a few minutes from garden and lawn maintenance to take a critical survey. Each section of the grounds should have one feature which dominates the scene. Too many such features usually add confusion—

even clutter. Example: The focal point of a backyard may be one handsome tree or a birdbath ... or a piece of statuary ... or a vine-covered arbor ... or a showy flower bed. But one is enough. Too many features usually result in an overdone landscape scene.

Think of each section of your yard as a separate room: (1) front or public. (2) sides, (3) back or service. Just as with indoor rooms, you'll want to take care not to add too many features, accent pieces, decorative objects and knickknacks.

Summer checklist

1. Cultivate frequently to remove all weeds when they are small and easily handled.

2. Harvest herbs frequently to encourage new growth.

3. For late summer annuals, sow seeds of: tithonia, annual phlox, cosmos, marigold, nicotinia, balsam and alyssum.

4. Fertilize summer grasses as Bermuda, Zoysia and Centerpede.

5. Do not fertilize cool-season Fescue lawns.

6. Fertilize rose bushes.

7. Control light infestations of aphids by spraying plants with the garden hose. Heavy infestations require spraying with insecticide.

8. The longer the shoot, the deeper the root. Don't mow lawns too closely.

9. Begin spray program to control tea scale on camellias and peonies.

10. Cease watering Fescue grass—let it go dormant until winter.

11. Apply about a gallon of water per square foot of vegetable garden—apply once a week if there is not a soaking rain.

12. Where grass refuses to grow, begin planting ground covers over the area.

13. Late this month, or in early July, dig-divide-replant crowded clumps of bearded iris.

14. Root softwood cuttings of such shrubs as althea, mockorange, flowering quince and Scotch broom. Root in sand and/or vermiculite.

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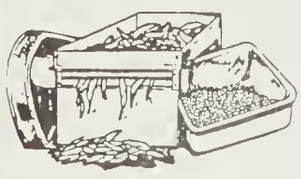

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Journal

by Owen Bishop

Attaboys ... Spoon River ... Our cover girl takes a bow.

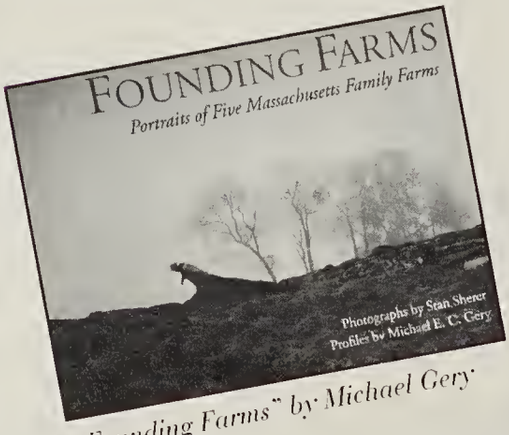
Magazine staffers get special recognition

Three members of the *Carolina Country* staff have received noteworthy recognition in recent weeks:

• A new book published by the University of Massachusetts Press features text by Associate Editor Michael E.C. Gery, who spent six years at the university as a publications specialist before joining our staff in January 1992.

The book, "Founding Farms—Portraits of Five Massachusetts Family Farms," includes 90 black-and-white photographs by Stan Sherer of Northampton, Mass.

The 144-page volume, available in both hardcover and softcover editions, stemmed from a grant-funded documentary the pair oversaw in 1989. Some of the photographs were included in a traveling exhibit that toured Massachusetts in 1990 and 1991, and in a gallery guidebook that was published as a companion to the exhibit.



"Founding Farms" by Michael Gery and Stan Sherer.

"The people who appear in these portraits," the authors write in the preface, "are devoted to farming as a livelihood in spite of the difficulties of such work in Massachusetts. They love land and agriculture. They know, respect, and preserve our region's natural heritage."

Gery, who also wrote a book on energy planning programs in Franklin County, Mass., is now working on a history of the Cape Hatteras National Seashore.

Copies of "Founding Farms" can be ordered through most bookstores or from the publisher: The University of Massachusetts Press, Amherst, Mass. 01004. The hardcover edition sells for $40 and the softcover, for $19.95.

• Frank Jeter Jr., who has given yeoman service to the magazine since 1982 as an ad sales representative and contributing writer, was saluted by the North Carolina Farm Writers and Broadcasters for his many years of service to the group. Jeter, a 75-year-old retired public information officer with the Soil Conservation Service in North Carolina, was awarded a "meritorious service" plaque during the organization's annual institute.

Jeter covered agriculture for many years as a reporter and editor at various Tar Heel newspapers. His father, Frank Jeter Sr., established the agricultural information program of the North Carolina Cooperative Extension Service and helped organize the farm writers and broadcasters group.

• I was honored by my colleagues in the rural electric program when they elected me vice president of the National Electric Cooperative Editorial Association. The group includes writers, editors and publishers of the nation's 32 statewide rural electric publications. It meets twice a year to keep its members abreast of the latest developments affecting the publications and the cooperative movement.

There IS a Spoon River

One of our readers caught an error in our April column examining some of the colorful names that are used to identify electric co-ops around the country.

Carl B. Cramblett of Toccoa, Ga., pointed out that we erred in saying there's no Spoon River in the neighborhood of Spoon River Electric Co-op, Canton, Ill.

Here's what he had to say:

"I was born and raised in the area and have spent many days and nights fishing Spoon River. It sure is in Illinois.

"Spoon River starts in Stark County, north of Peoria and a little west near Modesa, travels south through the northwest corner of Peoria County and through Knox County. It enters Fulton County at London Mills where it runs by the city park and on south and east through Fulton County to where it runs into the Illinois River near Havana.

"I am sure Spoon River EMC got its name from the river just as did 'Spoon River Anthology' by Edgar Lee Masters."

Cramblett also suggested that Black Warrior EMC in western Alabama took its name from the Black Warrior River, which is near Demapeles, Ala.

He added: "I will be guessing somewhat but believe you can find the Egyptian EMC in Illinois—probably in the area of Cairo. This area of southern Illinois, at least many years ago, was known as Little Egypt. There is, or was, a narrow gage railroad in this area also known as the Crab Orchard and Egyptian Line."

March "cover girl" gets celebrity treatment

Sara DeHoog, the 7-year-old who was featured on our March cover in a Terra Ceia tulip field, became the focus of a local newspaper feature as a result of her "cover girl" role.

The Washington Daily News story, which was played across the top of an inside page with a photo of Sara, said many of her friends and teachers have asked her to autograph copies of the magazine.

When the second-grader had trouble comprehending how many families received copies of the March issue, her mother explained: "If 10,000 people go to Disney World each day, then 300,000 is the number of people that visit it in a whole month!" Here's how the Daily News described her reaction: "Sara's eyes lit up with amazement and all she could say was 'Wow!'"

The magazine is currently being distributed to 335,000 families across the state.

Sara is the daughter of Earl and Nancy DeHoog of Terra Ceia, who are consumer-members of Tideland Electric Membership Corporation, Pantego.

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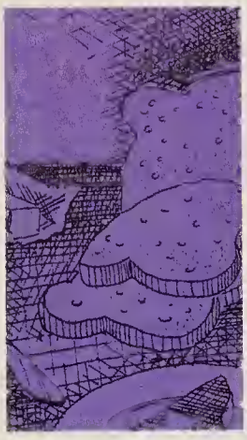

A healthful pasta salad.

Company macaroni salad

Submitted by Geraldine M. Pitts, Blowing Rock

1 box (8-ounce) macaroni
½ cup chopped celery
¼ cup diced yellow bell pepper
¼ cup diced red bell pepper
¼ cup diced green bell pepper
1 tablespoon dill pickle cubes
1 tablespoon sweet pickle relish
¼ cup shredded carrots
1 tablespoon to ¼ cup chopped onion (according to taste)
½ cup shredded or finely chopped cheddar cheese
⅓ cup mayonnaise
⅓ cup sour cream
"Seasoned" salt to taste

Cook macaroni by box directions. Rinse and drain well. Add vegetables, cheese and pickles to macaroni. Combine mayonnaise, sour cream and salt and mix thoroughly with macaroni mixture. Chill.

Option for serving: A platter bedded with lettuce and a ring of sliced tomatoes around the outer edge. Top tomatoes with slices of boiled eggs. Place slices of stuffed olives on eggs. Put macaroni salad in the center. Chill and serve.

Want to share recipes?

If you would like to share a recipe with Country Kitchen, send it to *Carolina Country*, P.O. Box 27306, Raleigh, N.C. 27611.

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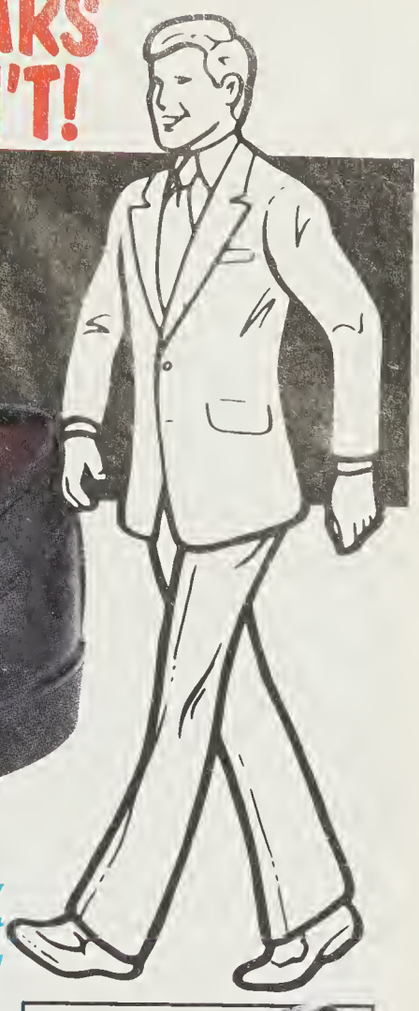

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